


| <div> <div>April 2016</div> <div>Group Exercise Classes - Salt River Fitness Center & Salt River High School</div> <div>Diabetes Services Program - Fitness</div> <div>480-362-7320</div> </div> | | | | |
|---|--|--|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  <p>Diabetes Program Fitness Center is open to SRPMIC Community Members & family, SRPMIC Residents, SRPMIC Tribal Employees, and SRPMIC Enterprise Employees. Please see staff for registration form to use facility and attend classes.</p> | | | | <div>1</div> <div> <div>11:05am-11:50am</div> <div>Cross-Training w/Rachel</div> <div>12:05pm-12:50pm</div> <div>Spin Class w/Michelle</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> </div> |
| <div>4</div> <div> <div>12:05pm-12:50pm</div> <div>Core Functional Training w/Braxton</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga Class</div> <div>(privates session)</div> <div>Salt River High</div> <div>3:30pm-4:15pm</div> <div>Circuit Training w/Michelle</div> <div>(Band Room)</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Annie</div> <div>6:35 pm-7:30pm</div> <div>Basic Yoga w/Rachel</div> </div> | <div>5</div> <div> <div>6:15am-7:00am</div> <div>NO CLASS</div> <div>9:30am-10:00am</div> <div>NO CLASS</div> <div>12:05pm-12:50pm</div> <div>Total Body Conditioning w/Dion</div> <div>5:30pm-6:30pm</div> <div>Spin Class w/Michelle</div> <div>6:30pm-7:30pm</div> <div>Senior Dance 55+ w/Roberta J.</div> </div> | <div>6</div> <div> <div>6:15am-7:00am</div> <div>Spin Class w/Rachel</div> <div>12:05pm-12:50pm</div> <div>HIIT w/Michelle</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga Class</div> <div>(privates session)</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Michelle Lynn</div> </div> | <div>7</div> <div> <div>6:15am-7:00am</div> <div>Spin Class w/Beverly</div> <div>12:05pm-12:50pm</div> <div>Spin Class w/Beverly</div> <div>Salt River High</div> <div>3:30pm-4:15pm</div> <div>Basic Yoga w/Rachel</div> <div>(Band Room)</div> <div>4:05pm-5:00pm</div> <div>Core Functional Training w/Braxton</div> <div>5:30pm-6:15pm</div> <div>HIIT w/Michelle</div> <div>6:30pm-7:30pm</div> <div>Zumba® w/Michelle Lynn</div> </div> | <div>8</div> <div> <div>11:05am-11:50am</div> <div>Cross-Training w/Rachel</div> <div>12:05pm-12:50pm</div> <div>Spin Class w/Michelle</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> </div> |
| <div>11</div> <div> <div>10:30am-11:30am</div> <div>FITNESS CENTER CLOSED</div> <div>HS Meeting</div> <div>12:05pm-12:50pm</div> <div>Core Functional Training w/Braxton</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga Class</div> <div>(privates session)</div> <div>Salt River High</div> <div>3:30pm-4:15pm</div> <div>Circuit Training w/Michelle</div> <div>(Band Room)</div> <div>6:00PM-7:30PM</div> <div>ZUMBA PARTY!</div> <div>Salt River Community Building.</div> <div>6:35 pm-7:30pm</div> <div>NO CLASS</div> </div> | <div>12</div> <div> <div>6:15am-7:00am</div> <div>Spin Class w/Rachel</div> <div>9:30am-10:00am</div> <div>YS EEP - Exercise Session</div> <div>12:05pm-12:50pm</div> <div>Total Body Conditioning w/Dion</div> <div>5:30pm-6:30pm</div> <div>Spin Class w/Michelle</div> <div>6:30pm-7:30pm</div> <div>Senior Dance 55+ w/Roberta J.</div> </div> | <div>13</div> <div> <div>6:15am-7:00am</div> <div>Spin Class w/Rachel</div> <div>12:05pm-12:50pm</div> <div>HIIT w/Michelle</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga Class</div> <div>(privates session)</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Michelle Lynn</div> </div> | <div>14</div> <div> <div>6:15am-7:00am</div> <div>Spin Class w/Beverly</div> <div>12:05pm-12:50pm</div> <div>Spin Class w/Beverly</div> <div>Salt River High</div> <div>3:30pm-4:15pm</div> <div>Abs, Gluts, Thighs w/Rachel</div> <div>(Band Room)</div> <div>4:05pm-5:00pm</div> <div>Core Functional Training w/Braxton</div> <div>5:30pm-6:15pm</div> <div>HIIT w/Michelle</div> <div>6:30pm-7:30pm</div> <div>Zumba® w/Michelle Lynn</div> </div> | <div>15</div> <div> <div>11:05am-11:50am</div> <div>Cross-Training w/Rachel</div> <div>12:05pm-12:50pm</div> <div>Spin Class w/Michelle</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> </div> |
| <div>18</div> <div> <div>12:05pm-12:50pm</div> <div>Core Functional Training w/Braxton</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga Class</div> <div>(privates session)</div> <div>Salt River High</div> <div>3:30pm-4:15pm</div> <div>Circuit Training w/Michelle</div> <div>(Band Room)</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Annie</div> <div>6:35 pm-7:30pm</div> <div>Basic Yoga w/Melinda</div> </div> | <div>19</div> <div> <div>6:15am-7:00am</div> <div>Spin Class w/Rachel</div> <div>9:30am-10:00am</div> <div>YS EEP - Exercise Session</div> <div>12:05pm-12:50pm</div> <div>Total Body Conditioning w/Dion</div> <div>5:30pm-6:30pm</div> <div>Spin Class w/Michelle</div> <div>6:30pm-7:30pm</div> <div>Senior Dance 55+ w/Roberta J.</div> </div> | <div>20</div> <div> <div>6:15am-7:00am</div> <div>Spin Class w/Rachel</div> <div>12:05pm-12:50pm</div> <div>HIIT w/Michelle</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga Class</div> <div>(privates session)</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Michelle Lynn</div> </div> | <div>21</div> <div> <div>6:15am-7:00am</div> <div>Spin Class w/Beverly</div> <div>12:05pm-12:50pm</div> <div>Zumba® w/Rachel</div> <div>Salt River High</div> <div>3:30pm-4:15pm</div> <div>Zumba® w/Rachel</div> <div>(Band Room)</div> <div>5:30pm-6:15pm</div> <div>HIIT w/Michelle</div> <div>6:30pm-7:30pm</div> <div>Zumba® w/Michelle Lynn</div> </div> | <div>22</div> <div> <div>11:05am-11:50am</div> <div>Cross-Training w/Rachel</div> <div>12:05pm-12:50pm</div> <div>Spin Class w/Michelle</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> </div> |
| <div>25</div> <div> <div>12:05pm-12:50pm</div> <div>Core Functional Training w/Braxton</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga Class</div> <div>(privates session)</div> <div>Salt River High</div> <div>3:30pm-4:15pm</div> <div>Circuit Training w/Michelle</div> <div>(Band Room)</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Annie</div> <div>6:35 pm-7:30pm</div> <div>Basic Yoga w/Rachel</div> </div> | <div>26</div> <div> <div>6:15am-7:00am</div> <div>Spin Class w/Rachel</div> <div>9:30am-10:00am</div> <div>YS EEP - Exercise Session</div> <div>12:05pm-12:50pm</div> <div>Total Body Conditioning w/Dion</div> <div>5:30pm-6:30pm</div> <div>Spin Class w/Michelle</div> <div>6:30pm-7:30pm</div> <div>Senior Dance 55+ w/Roberta J.</div> </div> | <div>27</div> <div> <div>6:15am-7:00am</div> <div>Spin Class w/Rachel</div> <div>12:00PM-4:00PM</div> <div>FITNESS CENETER CLOSED</div> <div>DHHS Mandatory Quarterly Meeting</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Michelle Lynn</div> </div> | <div>28</div> <div> <div>6:15am-7:00am</div> <div>Spin Class w/Beverly</div> <div>12:05pm-12:50pm</div> <div>Step Interval w/Rachel</div> <div>Salt River High</div> <div>3:30pm-4:15pm</div> <div>HIIT w/Rachel</div> <div>(Band Room)</div> <div>5:30pm-6:15pm</div> <div>HIIT w/Michelle</div> <div>6:30pm-7:30pm</div> <div>Zumba® w/Michelle Lynn</div> </div> | <div>29</div> <div> <div>NO CLASSES</div>  </div> |

Group Exercise Class Descriptions

IF an instructor is not available to teach staff will try to find a sub for the class scheduled, but if no staff available to teach the class will be replace by another class or canceled. Staff will try to update via email, announcements and post sign at facility

BASIC YOGA: The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga - opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.

CORE FUNCTIONAL TRAINING: The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. All levels of fitness.

HIIT (High Intensity Interval Training): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

SENIOR DANCE CLASS 55+: Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. This class is intended for individuals 55+.

SPIN CLASS: Spinning® or Schwinn Cycling® instructor will take you through a workout for 40 -50 minute ride on the indoor cycling ride through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories. *We have 9 bikes available. FIRST COM FIRST SERVES! NO RESERVING BIKE.* Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders. **We encourage a base of cardiovascular exercise of 3 month prior to starting in a spinning class.*

STEP INTERVAL: An interval class that mixes both step aerobics and strength training in one designed workout. Many times you may not have 2 hours to spend in the gym - so this allows you to work both your heart and your muscles extensively in one class! By doing short circuits of cardio on the step, followed by strategic intervals of strength training, you will definitely leave this class feeling like you used your time efficiently!

TOTAL BODY CONDITIONING (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. *Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. Moderate to High intensity

ZUMBA®: Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.

PRIVATE SESSION CLASSES:

YS EEP - EXERICSE SESSION "MOUSERCISE": Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.

PRIVATE SESSION

JTR YOGA: This session is for *Journey to Recovery* clients only. PRIVATE SESSION

GROUP EXERCISE CLASSES at SALT RIVER HIGH SCHOOL:

Classes are provide by Diabetes Program's SR Fitness Center Group Exercise Instructors for SR Community Member/Residents/Tribal & Enterprise Employees and students. All classes are suitable for all levels of fitness.

ABS, GLUTS & THIGHS: In this class you will conditions your lower body and abdominals with variety of exercise utilizing body weight, resistance bands, and dumbbells to lift and strengthen your core and lower body muscles.

BASIC YOGA: The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga - opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.

CIRCUIT TRAINING: This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include body weight exercises, weights, bars, step, resistance band/tubing, etc. All levels of fitness.

HIIT (High Intensity Interval Training): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

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